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**I. Cross Reference to Related Applications**

This is a continuation-in-part application which claims priority from, U.S. Patent Application Serial No. "09/977,557, filed 10/15/01, U.S. Patent Application Serial No. 09/829,757 filed 4/10/01, which is a continuation-in-part application which claims priority from and incorporates by reference, U.S. Patent Application Serial Number 60/196,498, filed April 12, 2000, now abandoned, all bearing the same title and all incorporated by reference.

routines are stored by the system for future use or reference. Ancillary features for use by a subscriber during a exercise routine are also provided.

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The known interfaces for cardiovascular fitness equipment are cumbersome for inputting data. Usually, the equipment also has a poor input device. Typically a keypad with a few, relatively small buttons is mounted on the cardiovascular fitness machine. The keypad is difficult to manipulate while exercising. For example, it is necessary to focus one's line of vision to a small keypad and press buttons to adjust the parameters of the exercise routine. If this is done while running on a treadmill, the person may lose their sense of balance or mistakenly enter incorrect values.

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